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"Nutritioning" in Chicago

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THE IOWA HOMEMAKER

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Margaret Marco, '33, Thinks

"Nutritioning" in Chicago

Puts Science Into Practice

WHEN as a student at Iowa State I once read that a "nutritionist acts as the go-between for science and the community," I little realized all that statement implied. Within the last few months I've learned—and I continue to learn—all that this "go-between" is expected to do.

Each of the 16 districts of the Unemployment Relief Service of Chicago has on its staff one nutritionist to assist the social case-workers. Inasmuch as this is the first time that a social agency of Chicago has found it advisable to employ people trained in home economics the job presents itself as a continual challenge. It offers real exercise for imagination, ingenuity, originality and understanding. The great number of possible activities which may arise in a day leaves no opportunities for stagnation of the individual.

When a client complains to his case-worker that it is impossible for his family of 11 to live within the prescribed food budget, which is issued to him as a ration box of staples, a milk order and an order on his grocery store to purchase the necessary perishable foods, the nutritionist is asked to visit the home.

SHE tries to get at the root of the difficulty, which may involve any one of a number of causes. These may include poor management, lack of marketing knowledge, inability to plan adequate, attractive meals, ignorance of the uses of certain foods (such as cracked wheat, cornmeal, dried fruits and vegetables or evaporated milk) which appear in the ration boxes, lack of sufficient and usable equipment (poor, if any, baking facilities or inconvenient water provisions), skill in cooking limited to opening cans and serving delicatessen dishes—or quite likely there may be a combination of all of them!

Together, the nutritionist and housewife attempt to solve the problem. General and specific information are given

the woman, weekly market orders are planned, menus set up and new recipes suggested. On a case-working basis it may be possible to provide a new stove and some additional utensils.



Margaret E. Marco

This is the fourth in a series of vocations stories sponsored by Mortar Board. The writer, a graduate of the Foods and Nutrition Department, is now a nutritionist with the Unemployment Relief Service in Chicago.

At the same time the nutritionist goes into the health of the family. There are numerous special diet cases which must be adjusted to a limited income. Diabetes, gastro-intestinal disturbances, pregnancy, secondary anemia and various forms of malnutrition make up the greater part of these cases.

Frequently the nutritionist is asked to assist with a difficult child-feeding problem. "Little Dora just won't eat anything but mashed potatoes and graham crackers. She used to drink milk, but now that she knows I put her cod-liver oil in it she won't take it. She's lost 4 pounds already," wails the mother to the case-worker, who promises to send in the nutritionist.

SINCE it is physically impossible for one person to visit all of the families (the case-load ranging from 2,500 to 5,000) and do follow-up work on some, other methods must be employed. Cooking demonstrations are organized by the nutritionist, who may request the services of trained demonstrators from the Elizabeth McCormick Memorial Fund.

Because many of the parents are foreign, one must look for opportunities to appeal to the children in school. One day this nutritionist had the delightful experience of talking to the students of a large technical high school for girls who are being trained in home economics. By securing their cooperation and acquainting them with the resources available to their families another channel has been utilized to assist in this tremendous task of helping people to maintain good health at low cost.

The time which is not spent in the field is devoted to advisory and administrative work within the office. Case-workers and budget clerks want suggestions on the need for additional allowances for special diets and the issuance of supplementary orders in the form of milk or other dietary essentials. In many instances the physician must be telephoned for more adequate information regarding a diet.

LETTERS must be written to other agencies and clinics explaining the procedure we are following. Recipes, diets and other forms of nutrition literature
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Soup or Dessert

By Betty Melcher

"EVERYTHING from soup to nuts" is old stuff, but who ever heard of a dish that was soup and dessert at the same time. It's a nourishing milk soup that's as handy as can be. When you need soup on the menu you use the recipe as is. If you can't think of a good dessert, the soup can be dressed up and there you are. Snow milk is a favorite soup of the old German housewives.

SNOW MILK

$\frac{3}{4}$ quart milk
 $\frac{1}{2}$ quart water
 2 tbsp. sugar
 2 eggs
 f. g. salt

Separate the yolks and whites of the eggs, and dilute the milk with water. Sugar, salt, milk and egg yolks should be combined and heated to the boiling point. That part of the soup is finished.

Apply your stiffest egg beater and plenty of wrist action to the whites of eggs. Pour the soup into bowls and gently drop fluffs of beaten egg whites on the surface, a tablespoonful at a time.

Have you decided to have soup on your menu? Then you may serve your dish as it is. Or if you prefer a cold soup for variety, it may be chilled before serving. If the family is clamoring for a dessert, then sprinkle the dish with sugar and cinnamon and chill.

Learning to give and take is perhaps the most important gain to the little child from association with other children.

To remove scorch from table linen, make a paste of clothes starch and water, spread it on the scorched surface and place in the sun to dry, then brush.

"Nutritioning" in Chicago

(Continued from page 1)

are sent to persons exhibiting even the slightest bit of interest in public health and nutrition in the hope that another means of bringing science to the community will be effective.

To reinforce the direct family and office work of the nutritionist, trips are made to clinics assisting the clients, to stores selling to them, to settlement houses where clients are engaged in activities which may be sources of help for the needed nutrition tie-up.

Every case presents a new situation to invite the services of one who is wishing for the opportunity to use all she has learned theoretically and practically in college—combined with good common sense and understanding. And every situation teaches one that much more! Could one ask for more in a job?

Healthy Children

(Continued from page 3)

children who were refugees of war and politics.

Dr. Warner claims Oregon as her home state, although she was born in Michigan, reared in Alaska and educated in Oregon.

When she is not talking business Dr. Warner is quite a domestic person. She loves to knit and does it frequently for relaxation. In passing a display of lovely colored fabrics in Home Economics Hall she laughingly remarked, "I'd like to snitch a piece to recover a pillow I have at home."

She was enthusiastic over the color and design of the quilts exhibited in Home Economics Hall. "But I'd never have the patience to make a quilt," she remarked. "I must do things in which I can see that I am getting something done."

This remark expresses Dr. Warner's vivaciousness. Her sparkling brown eyes, ready smile and brisk walk reveal that she is a person who is keenly alive and ready to be of service to anybody who needs her.

Anna Richardson

(Continued from page 8)

"The home's most important functions need to be studied to determine which can be perpetuated and which might better be turned over to other agencies which can discharge them just as well or more efficiently."

In any work she undertook, her quiet, careful thinking gave weight to her decisions and confidence to her coworkers. Her philosophy of work and life has enriched the lives of all home economics students at Ames, because of the fine, high standards she left to us.

THE HOUSEWIFE'S HYMN

O God, I seem to find Thee everywhere!
 The steam that rises from the kettle there
 Seems more a miracle, somehow, to me
 Than all the heavenly marvels that I see.
 The hum of dear things cooking on the range
 Fills me with rapture. Father, is it strange
 Since these Thy products are of grain and food
 And Thou Thyself hast called them very good?

—Angela Morgan.

Ya know when ya got a real friend
 ya don't have to do no talkin' at all.
 Ya just sit; that's all. A guy understands that you can't be talkin' all the time. Nobody's feelin's is hurt. What's the use of all the talkin'? It doesn't get ya no place.

—Skippy.



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